

# Farmers Market Gazpacho

**Makes:** 4 servings

Garlic, cumin, and lemon juice give a zesty flavor to this cold, blended vegetable soup. Cilantro added at the end leaves a refreshing pop of flavor.

## Ingredients

- 2 cucumbers (diced into 1/4 inch pieces)
- 3 Red bell peppers (seeded and diced into 1/4 inch pieces)
- 3 green peppers (seeded and diced into 1/4 inch pieces)
- 4 celery stalks (diced into 1/4 inch pieces)
- 2 tomatoes (diced into 1/4 inch pieces)
- 1 onion (medium, diced into 1/4 inch pieces)
- 2 lemons
- 2 **cups** tomato juice, low-sodium
- 3 garlic cloves (fresh minced)
- 1 **tablespoon** cumin (ground)
- 1 **cup** cilantro (fresh chopped)
- salt and pepper (to taste, optional)

## Directions

1. Combine all ingredients except salt, pepper and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt, pepper (optional) and the juice from the lemons.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>130</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	N/A
Cholesterol	N/A
<b>Sodium</b>	<b>70 mg</b>
<b>Total Carbohydrate</b>	<b>N/A</b>
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>N/A</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

6. Cover mixture and refrigerate for at least 2 hours before serving.

7. Serve cold, garnished with chopped cilantro.

Johnson and Wales University and Rhode Island Department of Health WIC Program, Veggin' Out Recipe Book, page 42